



CITY OF WYOMING PARKS AND RECREATION

# 2012 ANNUAL REPORT



## SISTERS STAYING HEALTHY TOGETHER

Dear Stepping Stones,

"I am so glad I made the phone call to the Wyoming Senior Center a year ago. You have really helped me. My knees and back feel so much better since you showed me the exercises to do. My sister Carol Herring (pictured right) and I go to the pool every week and we stay motivated and healthy together."

Sincerely,

Janice Zink (pictured left)

*Kent County  
Senior Millage*

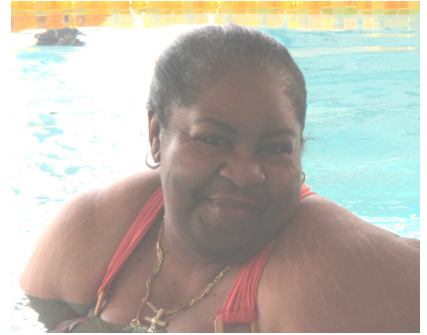
## OLDER ADULTS SERVED

# 49%

Percent of individuals enrolled into program between the ages of 60-69.

**"This program saved my life!"**

- Patricia Rolfe



**Doctors said I should be in a wheelchair by now but I proved them wrong."**

- Cheryl DeJonge



# 72

Average age of Stepping Stones participant.

# 42%

Live alone.

# 6

Community pools were used in 2012.



**"You helped me to get out of my house during the day."**

- Edward Leikam

By age 65, 2/3 of all baby boomers are expected to have one chronic disease.

- babyboomer-magazine.com

# 65%

Participated in Aquatic Therapy.

## PARTNERSHIPS & REFERRALS

Community networking and partnerships is the main referral source for Stepping Stones. We appreciate the following agencies, facilities and organizations for their support, and referrals.



**Mary Free Bed  
Fund Corporation**

**Mary Free Bed  
Hospital**

**Kentwood Aquatic  
Center**

**Salvation Army  
Ray & Joan KROC  
Corps Community  
Center**

**Area Agency on Aging  
of West Michigan**

**Kent County Senior  
Millage**

**Grand Valley State  
University**

**City of Wyoming**

**St. Mary's Home Care**

**Porter Hills Home  
Care**

**Spectrum Continuing  
Care**

**Senior Neighbors**

**Gerontology Network**

**Disability Advocates**

**Metro Health**

**Breton Village  
Apartments**

**Visiting Nurse  
Association**

**Wyoming Senior  
Center Fellowship  
Club, Inc**

**HHS Health Options,  
Inc**

**SarahCare Adult Day  
Services**

**Community Caregivers**

**Airway Oxygen**

**Caregiver Resource  
Network**

**Car City Supercenter**

**Suburban Inns**

**Speedrack**

**Edward Jones  
Investments**

**Olmstead Associates**

**Centennial Securities**

**Roger Coles**

**Michigan Municipal Risk  
Management Authority**

## CUTTING EDGE TREATMENT TECHNIQUES NOW OFFERED BY STEPPING STONES

We are excited to announce that therapists Kristine Schwab became specialty certified in Aqua Stretch and Angie Fenlon received her specialty certification in Total Joint Replacement while attending the Aquatic Therapy and Rehab Institute (ATRI) conference in Henderson, Nevada. Both participated in a variety of hands-on, in-pool courses to increase their knowledge about aquatic therapy techniques and safety.

"The ATRI Conference was an excellent opportunity to learn about new trends in the aquatic therapy industry and to stay current on the latest research," states Kristine Schwab.

"Through this training, I am now equipped to meet the individual needs of Stepping Stones clients as they reach their recovery goals."

### SOCIAL MEDIA HIGHLIGHTS STEPPING STONES



"I just finished my therapy and want to thank the girls from Stepping Stones for the great job they did. I was using the walker when I first started now I can walk without one and even go up and down the stairs. Thanks again . "

- Delphine Schemanski  
on facebook

### EVALUATION COMMENT CONFIRMS IMPACT



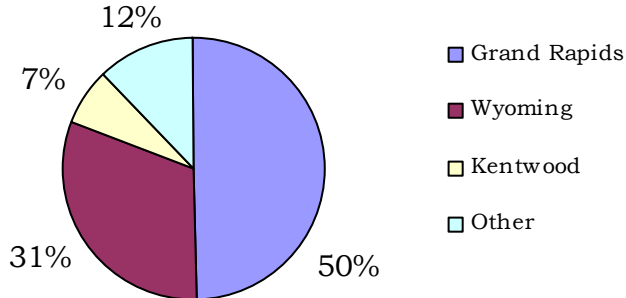
"I am doing it! I am a member of the pool and go twice a week with my daughter. I don't use my walker anymore and I did not gain any weight over Christmas! Thank you for everything."

- Patricia Rolfe



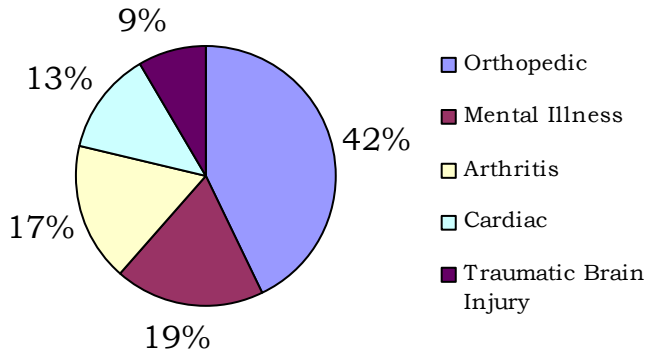
## OLDER ADULTS SERVED

### Kent County Area Served



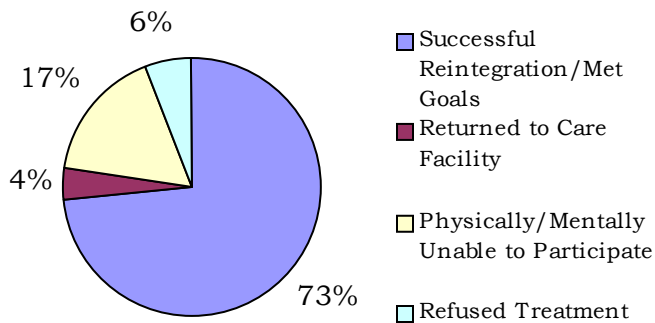
Stepping Stones serves all eligible older adults who reside in Kent County. With the goal of community independence, therapists will travel throughout Kent County to ensure treatment is provided to residents within their local community. Fifty percent (50%) of clients were served in the Grand Rapids area with thirty-one percent (31%) located in Wyoming. Twelve percent (12%) included rural areas of Kent County: Ada, Comstock Park, Cedar Springs, Caledonia, Byron Center, Grandville and Walker communities.

### Primary Diagnosis Served



Orthopedic conditions (42%) remain our top diagnosis for the fourth consecutive year. Seventy-four (74%) of clients enrolled with an orthopedic condition as a diagnosis participated in Aquatic therapy and exercise. Individuals who are diagnosed with Mental Illness (19%) may suffer from Depression, Bi-Polar Disorder, Post Traumatic Stress Disorder, Alzheimer's dementias and Alzheimer's Disease. Other diagnosis served but not listed include: Visual Impairments, Multiple Sclerosis, Stroke, Post-Polio, and Cancer.

### Regaining Independence



This year, Stepping Stones saw a dramatic increase in service to individuals aged 60-69. Serving the younger older adult increases the success rate of individuals becoming more active, motivated and eager to regain independence. Seventy-three percent (73%) of individuals who were discharged in 2012 were successful in completion of their goals and regained independence within their home and community. This is a twenty-two percent (22%) increase from 2011.

## 2012 FINANCIAL HIGHLIGHTS



## FUNDRAISERS ESSENTIAL KEY TO PROGRAM SUCCESS

The 6th annual Stepping Stones Golf Outing could not beat Mother Nature this year. With cold and rainy weather on June 1st, the outing was rescheduled for June 29th. Seventy-six golfers came out to the Meadows Golf Course to enjoy a fun day of golf with friends, co-workers and family members. Proceeds from this event go to support annual pool rental fees, equipment for aquatic therapy, and training staff.

In partnership with the Greater Wyoming Community Resource Alliance, Stepping Stones was fortunate to receive additional funds from the City of Wyoming's annual charity carnival held each spring. Funds received were dedicated to direct therapy and operational cost.

### **2012 Revenue (Cash)**

KCSM Grant	\$108,858.54
Fee's/Program Income	\$1,164.30
Fundraising	\$21,847.50
Donations	<u>\$2,913.88</u>
	<b>\$137,284.22</b>

### **2012 Expenditures (Cash)**

Wages & Benefits	\$74,479.08
Contractors	\$39,405.00
Equipment & Travel	\$3,016.98
Fundraising	\$6,518.90
Other Services	<u>\$2,859.60</u>
	<b>\$126,279.56</b>

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CITY OF WYOMING  
PARKS AND  
RECREATION  
DEPARTMENT

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### We're on the Web:

[steppingstones@wyomingmi.gov](mailto:steppingstones@wyomingmi.gov)

[Wyomingseniorcenter.blogspot.com](http://Wyomingseniorcenter.blogspot.com)

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*Kent County  
Senior Millage*



*The Source for Seniors*

### Our Mission Statement

Our mission is to assist homebound older adults with management of their disabilities so they may achieve and maintain optimal levels of independence, productivity, and well-being.